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NUTRITION

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NUTRITION COMMITTEES AND GARDENS

A Fact Sheet on the 1947 Garden Program was sent you a couple of weeks ago. From this you will see that the support of nutrition committees, as well as of other community leaders, is needed in organizing community garden programs and in maintaining enthusiasm and interest in them. Through such programs nutrition committees can stress the advantages of increasing the amount of fruits and vegetables in the diet.

As pointed out in the April 1944 Nutrition News Letter, nutrition committees can, by calling attention to local inadequacies in the diet that have been uncovered by surveys, studies, or clinics, stimulate the growing of foods rich in the nutrients that are lacking. They can encourage gardeners to learn the nutritional needs of their families and to plant gardens that will take care of their vegetable needs on a year-round basis as far as they have facilities for growing, preserving, and storing them. They can also stress the importance of concentrating on tomatoes and green and yellow vegetables, with emphasis on greens, especially for those who have only a small garden.

CANNING FOR THE SCHOOL LUNCH PROGRAM

The community canning program is another one that nutrition committees will want to assist. As in other years, this program is needed to supply school lunchrooms with food for more adequate lunches and to help in utilizing local surpluses.

The Production and Marketing Administration is suggesting that State PMA offices, in cooperation with State school lunch supervisors, arrange for meetings with agencies operating school-community canneries to plan school lunch canning programs and to offer assistance in such programs. It also announces that the PMA area food preservation specialists will be available for working out technical problems in plant manage-

ment and equipment and operating techniques, and for assisting with State meetings.

CHILDREN'S BUREAU ADDS NUTRITIONISTS

Three nutritionists have been added to the staff of the U. S. Children's Bureau, as regional consultants in the health services division. They are Miss Catherine M. Leamy, whose headquarters will be in New York City; Mrs. Alice H. Smith, in San Francisco; and Mrs. Ansta Todd Barr, in Dallas. They will work under the direction of Miss Marjorie Heseltine, director of the Bureau's nutrition unit.

Appointment of these consultants is in line with the general expansion of maternal and child-health services now taking place throughout the country as the result of Congressional action last summer that doubled the amount of Federal money available for this work under the Social Security Act. Programs are administered by State health departments in accordance with plans worked out by the Children's Bureau regional offices. These offices are staffed by medical, medical-social, nursing, and nutrition personnel.

Miss Heseltine, in addition to directing the Children's Bureau unit, serves as regional consultant for the District of Columbia, Virginia, West Virginia, North Carolina, and Maryland and for Puerto Rico and the Virgin Islands. The assistant director, Miss Helen Stacey, is regional consultant for the Southeastern States, with Atlanta as the center. Mrs. Eleanor Wilkinson McCarl will continue as consultant for the Chicago-Kansas City region, with headquarters in Chicago.

PROGRESS ON ENRICHMENT

The enclosed copy of "Bread and Flour Enrichment 1946-47" has just been issued by the Food and Nutrition Board of the National Research Council. It provides up-to-date information on the enrichment situation which will prove helpful to the

many nutrition committees that are active in behalf of enrichment legislation. You will notice that the Food and Nutrition Board adheres to its position of approving State legislation to require enrichment of bread and flour, although the Board does not endorse indiscriminate enrichment of food products in general.

Progress has been made in solving some of the problems relating to enrichment of corn meal and grits since this subject was last reported in the May 1945 Nutrition News Letter. As a result of experimental work, a simple, inexpensive machine has been devised for mixing the enrichment ingredients with the meal and grits which can be used by the small miller with either an old-fashioned water mill or a gasoline-engine mill.

The Extension Service at Clemson, S. C., has issued a pamphlet "Facts and Recipes for Corn Meal and Grits." The Texas Nutrition Council is cooperating with the Texas Dietetics Association to make enriched corn meal and grits available in Texas, and several research projects are under way in that State on enrichment and on recipes using the enriched products.

PROGRAM OF ASSISTANCE IN NUTRITION AND HEALTH EDUCATION AVAILABLE TO SCHOOLS

A number of commercial concerns are offering assistance in improving the eating habits of the American people and providing materials for use in nutrition education. Notable among these programs is the one developed under the direction of Paul S. Amidon, formerly Superintendent of Schools of St. Paul, Minn., and now educational consultant for General Mills, in cooperation with classroom teachers, school administrators, and nutrition, health, curriculum, and teacher-training specialists. This program is correlated with the efforts of State Departments of Education and Health, schools, teacher-training institutions, the American Red Cross, health agencies, and the various community groups actively interested in nutrition.

The program consists of four basic features:

1. Improved techniques and materials for teaching nutrition are developed in cooperating test schools by practicing elementary school teachers; specialists in nutrition, health, teacher-training, and curriculum; and by persons experienced in school administration.
2. Demonstration training programs for training of teachers and educators are held. Workshops have been held in Minnesota and Georgia to show

how nutrition education may be treated as an integral part of the whole curriculum of elementary schools.

3. Teaching aids consisting of a variety of materials ranging from evaluating devices to pupil booklets, charts, and films, have been prepared by specialists.
4. Educational advertising is carried in educational, medical, and popular magazines to stimulate interest in nutrition education and its problems.

The basic principles of the program are cooperation with home, school, and community; beginning nutrition education as soon as child enters school; integration with existing curriculums and school organization; and emphasis on experiences with food rather than on nutrition information.

The excellent teaching aids developed in this program are available upon request to Mr. Amidon, General Mills, Department of Public Services, Minneapolis, Minn.

NOTES FROM THE FIELD

NEW YORK STATE.—Organized almost 10 years ago to provide a means whereby representatives of State agencies having programs which reach into communities can cooperate in nutrition activities, the State Nutrition Committee is stressing closer and more continuous relationships between county and State committees. To facilitate direct contact, a sponsor plan has been set up. Under this plan each member of the State committee who represents an agency which has professional workers doing field work throughout the State, and who regularly visits a given county in the course of her own work, acts as a liaison between the local committee in that county and the State committee.

The chief responsibilities of a sponsor are (1) to keep local committee chairmen informed of State committee activities, help the chairmen organize and carry out programs, and to plan with the chairmen to utilize the specialists of member agencies who visit the area; (2) to keep the State committee informed as to activities of local committees and the types of services they desire, and plan contacts between local committees and other field agents.

Local committees conform to the general characteristics of the community and therefore differ widely in size and composition. The diversity of membership is shown by the fact that the chairman-

ship of the local committees has been held by a doctor, grocer, farmer, member of a State department staff, minister, and by interested but untrained laymen.

To enable local committees to send representatives to at least one of the State committee meetings, and staff members to participate who are not the official representatives of the agencies, State committee meetings have been held in four different sections of the State. Smaller sectional meetings will be organized during the spring and a State-wide institute will be held at Cornell University next summer. At last summer's institute, held on July 25 and 26, a number of outstanding authorities on nutrition discussed the problems and new findings in the field. County and city nutrition committees reported their activities.

For a number of years the committee has placed major emphasis on the school lunch program. Again this year this program has headed the list of suggested activities. The Federal funds for the school lunch program allocated to New York State were exhausted in February. In order that the program could be continued without interruption, the New York State Legislature made an emergency appropriation of \$2,500,000 to supplement the Federal funds.

NEVADA.—The Nevada Food and Health Coordinating Committee revolves the chairmanship among the three agencies which have State-wide travel—Vocational Education, Extension, and Public Health. The committee is just finishing a study supplemental to the limited nutrition study carried out in 1945 under Dr. Walter Wilkins, then with the Nutrition Programs Branch.

The present study includes:

1. Collection of daily food records from representative areas over the entire State as compared with the five areas used before.
2. Collection twice a year—in garden season and out of garden season.
3. Tabulation and interpretation of these findings in light of previous standards.
4. Correlation of these food findings with areas in the State for which dental records and water analyses are available.

TENNESSEE.—Although the State Nutrition Committee has not been active as a total group for several months, the techniques developed in carrying out the wartime program in nutrition education have been used in many of the programs conducted

by the various departments in the State, the chairman reports.

The nutrition work in the State has been guided by the findings of a number of surveys made in Tennessee schools and communities. These surveys reveal:

1. Substandard weights and poor dental status in some groups of children.
2. An iron deficiency in 5 to 10 percent of the women and in children under 2 years of age who are fed for long periods on milk alone.
3. Low intake of protein by pregnant and lactating women and by some school children.
4. Low intakes of vitamin C, riboflavin, and calcium by nursing mothers.
5. Obesity in adults, especially in women.

It is felt that, since low intakes usually occur in poorer economic areas, they can best be attacked by work in those areas, and that chiefly medical problems should be handled by stressing preventive medical care.

A number of local nutrition committees are continuing their activities without interruption. The Nashville Nutrition Committee has included the following projects in its program:

1. Community-wide educational campaign on better breakfasts.
2. Study of existing Tennessee margarine laws.
3. Nashville City School Health Service plans a health workshop June 9-27 for teachers.

From Miss Jessie Harris, who was formerly with the Nutrition Programs Branch in the Production and Marketing Administration, we have a report of the Knoxville community nutrition program. The aim of this program is to develop "a leadership training program to be carried out in Knoxville, Tenn., for the purpose of studying nutritional needs and the effectiveness of educational methods among lower-income groups in typical urban areas of the South."

Actively participating are the Knoxville Bureau of Health, the Knoxville city schools, the University of Tennessee, and other agencies and groups. Under these auspices university students take part in classroom nutrition teaching in the elementary schools, nutrition consultation services at clinics, group discussions, individual family case work, nutrition and food demonstrations, preparation of nutrition exhibits and literature, and numerous other activities. Some of the techniques used and some of the teaching materials developed are

being made available for use by anyone requesting them. At the present time the Knoxville Nutrition Committee, because of its interest in continuance of a community nutrition program, is concerning itself with ways and means of providing at least one city nutritionist.

VERMONT.—The State Nutrition Committee invited three senators and one member of the lower House to a meeting at which they explained their work with children and showed pictures of children with vitamin deficiencies. They asked these legislators to support three bills, one requiring enrichment of white flour and bread, another authorizing funds for school lunch, and a third providing funds for the establishment of a nutrition division in the State Health Department. The committee is also requesting support from a number of other groups within the State for enrichment legislation.

In an effort to make contacts with more organizations, the Executive Committee of the State Nutrition Committee has been enlarged and will serve as a coordinating body. By speaking to as many groups as possible, members will keep the public informed of the latest developments in the field of nutrition. The committee is continuing its weekly publication "Your Food and You" with the cooperation of the Agricultural Extension Service.

Under grants of money from industry and several foundations, the College of Medicine is conducting a study of the nutritional status of Burlington children. An earlier survey was reported in the April 1945 Nutrition News Letter and described in the New England Journal of Medicine 233:612-617, 1945. In the present survey, covering five schools, 908 children were examined and 28 found to be free of nutritional defects. After this screening, the results of physical examinations of children in one school, where 28 of the children were receiving school lunches and 56 were not, were compared. The incidence and severity of lesions due to lack of vitamin A were less in the school lunch group than in the nonschool lunch group. Little difference was noted between the two groups with regard to incidence and severity of lesions due to lack of vitamin C, riboflavin, and niacin. This indicated that the school lunch was furnishing children with satisfactory amounts of protein and vitamin A, but not enough vitamin C, riboflavin, and niacin. This observation, based on one school with 84 children, does not permit drawing broad conclusions, but it does suggest the need

of careful planning of school lunches to supply the necessary vitamins and minerals.

LOUISIANA.—A talk by W. R. Aykroyd, M. D., Sc. D., Director of Human Nutrition, Food and Agriculture Organization of the United Nations, highlighted the annual meeting of the State Nutrition Committee in Baton Rouge, January 17 and 18. Taking as his subject "Nutrition and Poverty—A Brief World Survey," Dr. Aykroyd discussed the world's food problems, giving his audience a real appreciation of being part of the total food picture of the world.

About 125 people attended this fifth annual meeting, including chairmen of parish nutrition committees, representatives of various colleges and universities, and State and Federal officials. Other speakers discussed various aspects and new findings in nutrition. Two movies, "Consumption of Foods" and "Production of Foods," were shown as part of the evening meeting. An unusual feature was a Socio-drama dealing with "Better Buying of Food."

NEW MATERIALS (Samples not enclosed)

Nutritive Value of the Per Capita Food Supply, 1909-45. USDA Misc. Pub. 616, Jan. 1947. This publication, issued by the Bureau of Human Nutrition and Home Economics, supersedes the multilithed edition of June 1946. Copies are available from the Government Printing Office, Washington 25, D. C., at 20 cents a copy.

Nutrition Charts. (See enclosed sheet.)

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Dr. Sebrell accompanied Herbert Hoover on his mission to Germany and Austria in February. Undoubtedly you received the resume of their findings sent recently. A further report by Dr. Sebrell is enclosed.

Also enclosed for your information is "Use of Potato Flour in Bread."

Sincerely yours,

M. L. Wilson
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